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#### Published in the interest of the people of Aberdeen Proving Ground, Maryland

### Post Shorts

### Recycling schedule

The recycling scheduled pickup for Wednesday, March 17, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

### APG blood drive

A blood drive for the Armed Services Blood Program will be held in the Aberdeen Area Post Chapel, 8 a.m. to noon, March 12. Headquarters Support Troop and the Post Chapel will host the event.

Donors may be active duty military or civilian.

For more information, call Darcel Thomas, HST, 410-278-3000 or Staff Sgt. William Benjamin, AA Chapel, 410-278-4333.

### **Edgewood Area** Shoppette changes hours

Effective March 15, the Edgewood Area Shoppette, building 2514, will change its operating hours to Monday through Friday, 7 a.m. to 7 p.m.; Saturday, 8 a.m. to 5 p.m.; and Sunday, 10 a.m. to 6 p.m.

### **Hydrant flushing** begins in March

Fire hydrant flushing in the Aberdeen and Edgewood areas of Aberdeen Proving Ground is scheduled to start during March and will continue for several weeks.

The City of Aberdeen, owners of the Aberdeen Area water distribution utility system, will perform the fire hydrant flushing between the hours of 4 p.m. and midnight. Signs will be posted at the Family Housing Areas while flushing is being performed.

The Directorate Installation Operations will flush the fire hydrants in the Edgewood Area of APG between 3 and 7 a.m.

Should resident's water become discolored during the flushing, turn on all inside water faucets and run the water until it clears

For more information, call Hank Selke, City of Aberdeen, 410-272-1449, Linda Kimmel, Aberdeen Area, 410-278-0400, or Ron Gentry, Edgewood Area, 410-436-2196.

### **Volunteers** needed for hearing research study

Volunteers are needed for a U.S. Army Research Laboratory study on communication in military vehicles. Paid listeners need to be 18 to 40 years old with normal hearing. Participation time is three hours and includes riding in an armored personnel carrier. Each listener will

See SHORTS, page 4

**ISSUE** 

# Strategic communications leverages Army story

Spc. Lorie Jewell Army News Service

A Soldier tucks a plastic card displaying the Soldier's Creed and the Army values into his wallet.

At a school career fair, students pick up a brochure that describes our Army at war, and how it remains relevant and ready while moving from the current to future force. An action-filled video plays on a television screen, showing the Army's new Stryker infantry carriers on the move.

A senior leader tells the Army story to an audience of executives at a corporate function; a young sergeant shares his take on force stabilization at the family dinner table.

A grandmother surfing the Web clicks on the Army's Web site to learn more about her granddaughter's new duty station.

From small, ordinary gestures and everyday conversations to eye-catching promotional materials and tactical speeches, strategic communications is the method by which the Army delivers its messages to those in and out of uniform. It's one of 16 focus areas Army leaders have developed as a means for strengthening efforts to win the Global War on Terrorism.

"It's about communicating to our audience what's going on in the Army, and explaining it in terms or concepts people can understand, so that they can be a part of achieving the goal," said Col. Nelson McCouch, who heads the strategic communications division in the Office of the Chief of Public Affairs. "They can't support something if they don't know anything about it."

For example, a Soldier may hear the term "force stabilization" and, having read about it in a post newspaper, may understand it in more simple terms as "my family and I will stay in one place for longer periods of time."

"Expeditionary mindset" could translate into "I'm ready to go anywhere you need me to go, at any time,

because I know I am well trained and my family is well taken care of."

The role of OCPA's strategic communications is to develop and implement plans for getting internal and external media to support the Army's campaign plan with articles that explain what's going on, McCouch

There are two other 'legs' that support the effort disseminate information - the Office of Congressional Legislative Liaison and the Office of Strategic Communications. OCLL's strategic communications team is responsible for making sure the Army's messages are delivered to legislators on the hill in a timely fashion, said Col. Wayne Sauer, who heads that office.

"The Army wants Congress to know what's going on so they can do something about it during the congressional cycle," Sauer said.

That involves working closely with congressional staffers. If legislators have questions on the Army budget, for example, OCLL makes sure they get answers. When newsworthy events happen - the Army's Comanche program being canceled, for instance - OCLL makes sure Congress knows about it before reading it in the newspaper, Sauer added.

"If they read something in the newspaper and the information doesn't match up, they already have our data on it," Sauer said.

In the OSC, the mission to deliver the Army story is similar to OCPA. Whereas OCPA focuses on informing Soldiers, family members and the public at large through the media, STRATCOM's audience is expanded to target senior Army leaders - active and retired - business and social executives, and academic and think-tank representatives.

"We are trying to instill a culture of engagement so that everyone at all levels tells the Army story the same way," said Patti Benner, STRATCOM director.

Benner's department works to develop long-term themes and messages, and how to deliver them over

time periods that range from months to five years. OCPA focuses more on getting information out according to daily and weekly news cycles, McCouch said.

How messages are delivered by OSC falls to its outreach program, headed by Kay Stephenson. The program is tasked with building and strengthening relationships with national security decision makers or those with influence; the private sector and notfor-profit organizations; and academic institutions and communities. Its mission also involves providing information to the Army family.

Anyone who gets the Army message, understands it, supports it and passes it along, in essence becomes a partner with the Army, Benner and Stephenson said.

"We are arming our Army ambassadors," Benner

As technology continues to drive everyday life, the Internet proves to be a reliable tool for giving Soldiers, their families and friends, and the general public anything they could possibly want or need to know about the Army, where it's heading and how it plans on getting there, said Lt. Col. Mark Wiggins, director of the Army's Web page (www.army.mil) and senior leaders' page, accessible to select personnel through Army Knowledge Online. The Web site operates under the STRATCOM umbrella.

"Whatever has been released to the public, it's on the Web site," Wiggins said. "It's the place all of our audiences come to read about the Army.'

Careful thought goes into how all of that information is presented. This is a nation at war, so the main stories and photos will reflect that, Wiggins said. The lead photo will have a Soldier in it. Every effort is made to portray the joint effort of the war. Wiggins is proud of the fact that there are links to each of the other service branches on the home page of the Web

The Army has had a presence on the Internet since See FOCUS, page 8

### insignia to worn by all



Photo by SEAN KIEF

The flag insignia is worn on the right shoulder of the utility uniform to give the effect of the flag flying in the breeze as the wearer moves forward," Morales said.

Sgt. 1st Class Marcia **Triggs** Army News Service

the U.S. flag insignia on the abroad.

right shoulder of their utility uniform, as a continued reminder that the Army is All Soldiers can now wear engaged in a war at home and

"The flag has been around for years to identify deploying troops. Now based on the Army's joint expeditionary mindset, the flag represents our commitment to fight the war on terror for the foreseeable future," said Sgt. Maj. Walter Morales, the uniform policy chief for G1.

Army Chief of Staff Gen. Peter Schoomaker approved the uniform item Feb. 11, and all Soldiers have until Oct. 1, 2005 to get the insignia sewn on their uniforms.

A message on the uniform policy went out to the force Feb. 14, announcing "the current policy of deployed Soldiers wearing the U.S. flag on utility uniforms is expanded to include all Soldiers throughout the force regardless of deployment status."

Currently there are not

which is why Soldiers have a lation of U.S. code, Morales substantial amount of time to get the flags sewn on, Morales said. Deploying troops have the priority. Everyone else will have to wait until the Defense Insignia. Logistics Agency has more in stock, he said. An estimated 30 million flags need to be procured, he added.

Enlisted Soldiers will not have to purchase the flags. They will be issued five flags from their assigned unit, and commanders will make arrangements for getting the insignia sewn on, Morales said. However, if Soldiers purchase the flags on their own, they will not be reimbursed, he added.

When purchasing the flag, the only one authorized for wear on the uniform is the reverse field flag in red, white and blue. Subdued flags and reminder that our nation is at enough flags in the inventory, those in other colors are in vio-

said. Individuals should comply with Army Regulation 670-1, Wear and Appearance of the Army Uniform and

The regulation still states that Soldiers are not authorized to wear the full-color cloth U.S. flag replica upon their return to home station. However, the latest change will be added to the regulation when it is revised sometime this year, Morales said.

Nothing has changed regarding the placement of the flag, Morales said. It is sewn 1/2 inch below the shoulder seam. If a combat patch is also placed on the right shoulder, the flag is sewn 1/8 inch below the combat patch.

"This will serve as a vivid war."

# President signs executive order on pay raise

The President signed a long-awaited executive order to implement a retroactive pay increase for federal employees averaging 4.1 percent above the 2003

This pay adjustment supersedes the 2.0 percent overall average increase approved in December. Of the 4.1 percent increase, 2.7 percent (instead of the original 1.5 percent) is allocated as an across-the-

board increase to basic pay and 1.4 percent is allocated to increases in locality pay.

The overall 2004 pay increase ranges from about 3.89 percent (in the Kansas City locality pay area) to about 5.35 percent (in the San Francisco locality pay area) over the 2003 rates.

OPM also created new salary tables for law enforcement officers in each locality pay area.

Special rates and pay rates for the Senior Executive Service, administrative law judges, and

administrative appeals judges were also adjusted. The executive order makes the pay increases

effective retroactive to the first day of the first applicable pay period beginning on or after Jan. 1, 2004 (Jan. 11 for most employees).

The Pa., N.J., Del., and Md. area pay table is printed on page 2 of this week's APG News.

The new 2004 salary tables are posted on the Office of Personnel Management's Web site at http://www.opm.gov/oca/payrates/index.asp.

### **Road closures scheduled for** steam line installation

**Jerry Norris** 

In order to complete the construction of the new northern high-pressure steam line in the Edgewood Area, both Wise and Ricketts Point roads will be closed for one weekend each in the near future.

In advance of the actual road closures, there will be lane closures with flagmen for preparatory work, such as saw cutting.

The current schedule for the Wise Road installation is for the advance work to take place during the week of March 22. The actual closure will occur over the following weekend, closing on March 27 and

reopening on March 29. Final surfacing of the cuts will follow reopening.

The Ricketts Point Road closure will occur during late April and will follow the same general schedule.

These dates and durations are subject to weather and environmental factors and may slip in both date and duration.

Motorists are requested to use caution and to obey all traffic controls and detours. The John C. Grimberg

Company, a contractor for the Baltimore District Corps of Engineers, will perform the work.

For more information, call

### AAFES monitoring BDU supply Merchandise Man-ager Dave said Jim Kane, product man-

Judd Antsey

Backorders from the military supply system, the Defense Supply Center Philadelphia, are affecting Army & Air Force Exchange Service Military Clothing Sales Stores. Both Army & Air Force MCSSs are out of stock on selected sizes of Enhanced Hot Weather and Temperate Battle Dress Uniform coats and trousers.

The military supply system advised AAFES that the getwell date for the temperate BDUs will be August.

"AAFES continues to be in constant communication with DSCP," Military said Clothing Divisional

Lumbley. "The information we received from DSCP indicates AAFES will be experi-BDUs through the end of summer 2004."

Representatives DSCP said the current supply position is due to the allocation of BDU production from woodland to desert to support the tremendous increase in desert requirements as a result Logistics Agency annually of the war in Iraq.

"The temperate trousers are the item in the most critical position, and while DSCP does not expect to get well until August, we will experience a significant increase in deliveries starting in April,"

ager for BDUs in DSCP's clothing and textile directorate. "We have recently encing shortages on temperate released all backorders for enhanced hot weather coats and trousers. These assets should be reaching the stores soon, and DSCP expects to remain in sustained supply for the enhanced hot weather items." DSCP and the Defense

buys about \$10.4 billion worth of food, clothing, textiles, medicines, medical equipment, general and industrial supplies and services for America's warfighters worldwide, their eligible family

See BDU'S, page 8

### HIGHLIGHTS Page 2

Civilian pay raise table

ARNG trains on high tech

night vision devices

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Page 8

APG Forum Page 9

Safety and Health

Page 10 MWR

# Purchase Request submission schedule set

The Army Contracting Agency Aberdeen Proving Ground Directorate of Contracting has established its Fiscal Year 2004 Cutoff Dates for Submission of Purchase Requests.

Early customer support in identifying and submitting purchase requests by or before the dates shown below greatly enhances the ability of the APG Directorate of Contracting to meet customer needs.

Early planning and coordination remain the keys to a successful year-end.

Organizations are advised to submit their year-end requirements as early as is reasonable to minimize the possibility of funds going unobligated at year end.

### Schedule

The following schedule has been established for the submission of purchase requests for FY

- 2004 and maintenance for FY 2005: • Noncommercial items over \$100,000 - July 1\* • Noncommercial items between \$2,500 and
- \$100,000 Aug. 1 • Commercial items between \$100,000 and
- \$5 million July 1
- Commercial items under \$100,000 Aug. 15
- Services over \$100,000 July 1 • Delivery Orders and Task Orders under
- existing contracts Aug. 1 • GSA schedule procurements - Aug. 1
  - Short-of-Award over \$2,500 June 15\*\*
  - Maintenance for FY 2005 July 1

(FY 05 Contract Modifications and Options for Existing Maintenance Contracts)

\* There may be instances where this date may not be adequate for complex actions. It is therefore required that these actions be coordinated with the branch chief prior to this date.

\*\*Customers submitting "short-of-award" purchase requests, especially for services requirements, must seriously consider whether funding will materialize. A substantial amount of effort is expended to prepare these pending actions and they must be prioritized after purchase requests that are funded and purchase requests that are subject to the availability of

The above lead times can be affected by various factors, a few of which include: competition requirements, to include fair opportunity for services task orders over \$100,000 when using Federal Supply Schedules; obtaining sole, limited source or urgency approvals - the Justification and Approval process; the review process accomplished by the APG Small Business Advisor to ensure all socio-economic programs will be appropriately addressed; front-end purchase request entry into PD2, and PD2. (PD2 is the DoD contracting automated system used at APG.)

Requests received after the scheduled dates will be considered on a case-by-case basis and will require approval by the chief of the Contracting Division.

The APG DOC will do as much as possible will be used in a purchase order or contract. to assist customers in satisfying their requirements after the cut-off dates. However, the directorate has a limited capability to process late requirements.

Budgetary constraints may mean that customer-funded overtime may be the only method to provide the directorate with additional flexibility to accept requirements after the established dates.

The ACA APG DOC Web site is located at: http://www.apg.army.mil/aca/. The fiscal year cutoff dates for submission of purchase requests are located at this site under "Announcements, News, and Notes."

Purchase requests awarded subject to the availability of funds must be funded as soon as funds become available.

The work must start and the contractors must be paid - this is not accomplished until the

funds are certified. When preparing purchase requests in PRWEB (formerly known as Acquiline):

- Do not use any dashes or spaces in the purchase request number.
- When preparing attachments for any electronic document to be used by contracting, preparer MUST use the following format: Normal, Times New Roman, 10.
- Do not use page breaks, section breaks, column brakes or special characters such as trademark signs, tm, (r), <, etc., in any document that

• The contracting writing system used by contracting cannot format correctly if a font other than Normal, Times New Roman, 10 is used or if any special characters are used in the document.

Refer questions to:

Joyce Roberts, Contracting Division joyce.roberts@us.army.mil, 410-278-0869

Facilities Branch: repair, alteration, construction, sale and removal of excess real property, services for base operations functions (including, but not limited to, utilities privatization, custodial, refuse, underground utilities locating, etc.), equipment-in-place, and facili-

Martha Mitchem - martha.mitchem@us.army.mil, 410-278-2362

Services Branch: General and specialized services for mission support; range testing of vehicles, equipment, ammunition; lease, rental, and maintenance of equipment; full food services; environmental services; equipment-inplace, and other base operations services.

Shirley Kelly - shirley.a.kelly@us.army.mil, 410-278-0854

Technology Branch: ADP equipment; word processing equipment; software; general, specialized, and test equipment; instrumentation; supplies; and, ADP maintenance and services.

Ginny Corona - Ginny.corona@us.army.mil, 410-278-0883

#### **SALARY TABLE 2004-DCB**

INCORPORATING THE 2.7% GENERAL SCHEDULE INCREASE AND A LOCALITY PAYMENT OF 14.63% FOR THE LOCALITY PAY AREA OF WASHINGTON-BALTIMORE, DC-MD-VA-WV (INCLUDING ST. MARYS COUNTY, MD) (Total Increase 4.42%)

**Effective January 2004** 

Annual Rates by Grade and Step

GRADE	STEP 1	STEP 2	STEP 3	STEP 4	STEP 5	STEP 6	STEP 7	STEP 8	STEP 9	STEP 10
GS-1	\$ 17,911	\$ 18,508	\$ 19,104	\$ 19,697	\$ 20,293	\$ 20,644	\$ 21,231	\$ 21,824	\$ 21,848	\$ 22,402
2	20,138	20,616	21,283	21,848	22,094	22,744	23,394	24,044	24,694	25,344
3	21,972	22,705	23,437	24,170	24,902	25,635	26,367	27,100	27,832	28,565
4	24,666	25,488	26,310	27,132	27,954	28,776	29,597	30,419	31,241	32,063
5	27,597	28,518	29,438	30,359	31,279	32,200	33,120	34,041	34,961	35,881
6	30,762	31,788	32,814	33,840	34,866	35,892	36,918	37,944	38,970	39,996
7	34,184	35,323	36,463	37,602	38,742	39,881	41,020	42,160	43,299	44,439
8	37,858	39,120	40,382	41,644	42,906	44,168	45,430	46,692	47,954	49,216
9	41,815	43,209	44,603	45,996	47,390	48,784	50,178	51,572	52,966	54,360
10	46,048	47,583	49,118	50,653	52,188	53,722	55,257	56,792	58,327	59,862
11	50,593	52,279	53,966	55,652	57,338	59,024	60,710	62,397	64,083	65,769
12	60,638	62,659	64,680	66,701	68,722	70,743	72,764	74,785	76,806	78,826
13	72,108	74,512	76,916	79,319	81,723	84,127	86,531	88,935	91,338	93,742
14	85,210	88,051	90,891	93,732	96,572	99,413	102,253	105,094	107,934	110,775
15	100,231	103,573	106,914	110,256	113,597	116,939	120,280	123,622	126,963	130,305

(Editor's note: Visit www.opm.gov/oca/04tables/pdf/saltbl.pdf to view all pay tables.)

# Two ABCDF workers cut out of contaminated suits

Jeff Lindblad

Chemical Materials Agency

Early morning Feb. 25, two workers in the neutralization process building of the Aberdeen Chemical Agent Disposal Facility located in the Edgewood Area of Aberdeen Proving Ground had their protective work suits cut off in a precautionary procedure known as a "hot cut-out."

The workers, who were wearing fully protective work suits with self-contained breathing apparatus, were cleaning a drain station glove box when their boots and equipment hoses became contaminated with liquid from their cleaning bucket.

The liquid, which contained traces of mustard agent, also caused elevated agent monitor readings in the decontamination airlock. These readings would not allow for routine monitoring and exit procedures from the airlock. Accordingly, the area of the building outside the airlock was cleared of personnel, and the two workers were allowed to exit the airlock.

A specially trained team, also in protective clothing, performed additional cleaning of the workers' clothing and cut them out of their protective suits.

The agent remained confined in the facility under ventilation controls and at no time was there a threat to either the on- or offpost communities or to the environment.

The workers and the decontamination team were subsequently evaluated by on-site medical personnel and cleared to return to work. Cleaning of the air locks and drain station is underway and routine operations resumed later the same day.

Since mustard agent disposal operations began April 23, 2003, workers at the ABCDF have successfully neutralized and destroyed more than 110 tons of agent.

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM-P, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by Homestead Publishing Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Homestead Publishing Company of the products or services advertised.

For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, AMSSB-GIM-P, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@usag.apg.army.mil.

Deadline for copy is Thursday at noon for the following Thursday's paper.

### Staff

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Amy Ewing, U.S. Army Center for Health Promotion and Preventive Medicine, holds still while a mem-

### ber of the Armed Services Blood Bank Center team prepares her for the blood donation process. HPPM turns out for blood drive

Ann Ham

At the request of the National Capital Area Armed Services Blood Bank Center, the U.S. Army Center for Health Promotion and Prevention held a blood drive Feb. 3.

More than 45 CHPPM personnel signed up for the drive to help fulfill the military services' requirement for blood.

"I'm just happy to help," said donor Amy of CHPPM's Information Management Directorate. "I'm happy to

think I may contribute to saving someone's

Lt. Col. Michael F. Dyer, office of the commanding general, coordinated the effort for CHPPM.

"For those who participated in the blood drive, please accept my deepest appreciation for supporting our service members," Dyer said. "The event was truly successful, and the Armed Services Blood Bank Center team ran a truly outstanding, professional operation."





Left, Sgt. Jerome Shai, receives instruction from Sgt. 1st Class Don Claxton, from Edgewood, on mounting night vision goggles to his helmet. Both are members of Maryland Army National Guard's Detachment 1, 1159th Medical Company (Air Ambulance) stationed in Edgewood Area, APG.

# **National Guard trains on high** tech night vision devices

Story and photo by Chief Warrant 4 Bud Walker

Members of the Maryland Army National Guard Detachment 1, 1159th Medical Company (Air Ambulance) are receiving instruction in the use of high tech night vision devices.

Pilots and flight crewmembers recently underwent ground and flight training on night vision goggles that will enable them to safely conduct their mission of aerial medical evacuation in near total darkness.

The goggles, which collect and magnify ambient light from the moon, stars, and artificial sources, provide aircrews with the ability to see and identify objects at night while using the darkness to hide their movements from the enemy.

"Using night vision goggles gives our crews a tactical advantage, improves safety, and increases the likelihood of completing their mission of transporting injured troops from the battlefield without revealing their presence," said Chief Warrant 4 Gilbert Doherty, an instructor pilot with the unit.

Although night vision goggles have been around for many years, new technology and improved capabilities help to make complex flight operations possible and improve the chances of safely completing a mission.

"...NVGs greatly increase the capabilities of aviators to operate at night," said Chief Warrant 2 Jeremy Williams, pilot.

The detachment is headquartered in the Edgewood Area of Aberdeen Proving Ground and operates the Sikorsky UH-60 Black Hawk helicopter. Its mission is to provide medical evacuation of sick, injured and wounded

During peacetime, the unit would provide additional medical evacuation resources to the state of Maryland in times of disaster.



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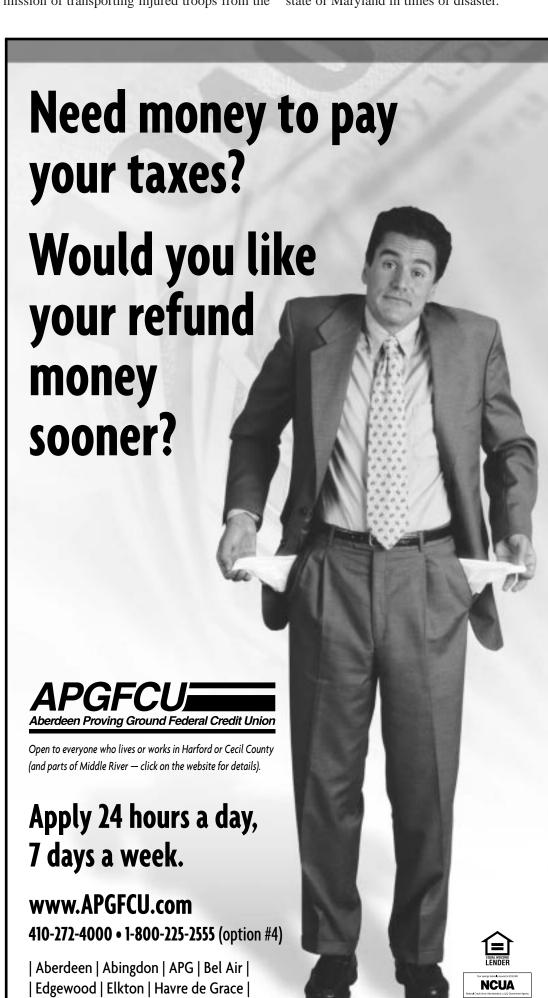
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## **FREE Home Buying** Seminar



### The seminar will cover the following topics:

- \* Shopping for the Right Home
- \* Making an Offer
- \* New Homes
- \* Renting vs. Buying
- \* Begin Planning with your Credit Union
- \* Alternative Purchasing Options
- \* H.O.M.E. Savings Program

# Aberdeen Proving Ground Federal Credit Union

Open to everyone who lives or works

in Harford or Cecil County. Please call 410-272-4000 or 1-800-225-2555 ext. 5451 to reserve your space.

Thursday, March 18th • 6-7:30pm

at the Community Meeting Room at APGFCU Operations Center in Edgewood 1321 Pulaski Highway

Aberdeen / Abingdon / APG / Bel Air / Edgewood / Elkton / Havre de Grace www.APGFCU.com

### **Post Shorts**

#### From front page

be paid \$20 per hour.

Interested volunteers should contact Paula Henry at 410-278-5848, or e-mail her at phenry@arl.army.mil, Martha Dennison at 410-278-5918, or e-mail her at midennis@arl.armv.mil.

### **APG** gears up for **AER Campaign**

The 2004 Army Emergency Relief campaign is scheduled to run through May

The 2004 AER Campaign coordinator is Maj. Anissa M. McNeill and the assistant campaign coordinator is Sgt. 1st Class Lisa R. Flecha. They can be reached at 410-278-2104.

### **Lunchtime Weight** Watchers

An information and sign-up meeting will be held noon, March 17 for the Weight Watchers at Work Program at Aberdeen Proving Ground.

This program offers professional leadership and group support with the new Weight Watchers FlexPoints system making losing weight in the real world easier.

Lunchtime Weight Watchers meetings are open to all APG civilian personnel, retirees, military personnel and family members. For more information about the Weight Watchers at Work Program at APG call 410-278-1151.

### **Improving English** skills

English for Speakers of Other Languages will be held for those just needing a refresher course or for those with little or no English speaking or writing skills.

Free classes will be held 9 to 11:30 a.m., Tuesdays and Thursdays, March 23 through April 13, at Army Community Service, building Rodman Road.

For more information or to register, call Cheryl Harris at at 410-278-7474 or stop by ACS, Room 111, 8 a.m. to 4:30 p.m., Monday through Friday.

### **Adult American** citizenship class

The Army Community Service Relocation Assistance Program will offer a free class for military personnel or family members, preparing to take the Immigration and Naturalization test for American citizenship. The class will run 6 to 7:30 p.m., Fridays, and 10 to

11:30 a.m., Saturdays, April 16 through May 1, at ACS, building 2754 Rodman Road.

The class covers how to fill out applications, citizenship procedures, basic American history and the Constitution.

Attendees must attend all sessions to receive a Harford Community College certificate for attending a Citizenship class. Seating is limited.

For more information or to register, call Cheryl Harris at 410-278-7474 or stop by ACS, Room 111, 8 a.m. to 4:30 p.m., Monday through Friday.

### Half price membership to MCSC

The membership year for the Military and Civilian Spouses' Club has reached it's half way mark and is now offering half price membership.

For more information, or to join, visit www.apgmcsc.org.

### MCSC Charity Golf **Scramble**

The Military and Civilian Spouses' Club will sponsor its first annual Charity Golf Scramble, April 30. Proceeds from this event will raise funds for scholarship awards, and support welfare requests from Aberdeen and Edgewood Area organizations, including organizations in the surrounding and supporting communities. Players for the golf scramble are requested from AA and EA organizations.

Cost to enter is \$450 per each six-member team (\$75 per player). The entry fee includes greens fees, cart rental, goodie bag, awards lunch and prizes.

Registration deadline is April 16.

Sponsorships are also avail-

For more information or to registern, call Amy Carlson at 410-939-6429 or McDonald at 410-273-7477. Information about the golf scramble and registration forms is also available at www.apgmcsc.org.

### MCSC holds **Women's Conference**

The Military and Civilian Spouses' Club will sponsor a Women's Conference, 9 a.m. to 3 p.m., April 17, at the Gunpowder Club in Edgewood Area of APG.

Membership in the MCSC is not required. Cost is \$10 per person; registration is limited and is on a first-come, first-

served basis. The deadline for registration is April 2.

No children are allowed (including infants) and no childcare will be available. Participants may not register the day of the conference.

Registration forms will be available March 1, at the APG Thrift Shop, Army Community Service, building 2754, or visit www.apgmcsc.org.

### MCSC accepting scholarship applications

The APG Military and Civilian Spouses' Club is accepting applications for scholarships until April 1. Applications are available at Web site www.apgmcsc.org.

For more information, call 410-612-0185.

### **MCSC** to donate funds

The APG Military and Civilian Spouses' Club will donate funds to organizations and charities this spring.

Groups interested in placing a request for funds should do so in writing. Include name of organization requesting funds, the manner in which the funds will be used, list of other fund raising efforts, and a contact person for the organization (name, address and telephone number).

Requests must be postmarked by April 1.

Submit requests to MCSC Welfare Chairperson, #3 Plumb Point Loop, Aberdeen Proving Ground, MD 21005,

welfare@apgmcsc.org

### Veterinary clinics March schedule

The APG Veterinary Treatment Facility will return to normal scheduling during March. Clinics are by appointment only. Call 410-278-3911/4575, between 7:30 a.m. and 3:30 p.m., Monday through Friday.

Clinics are open to eligible customers only. If you are unsure of your eligibility, call The fee is \$200 per day. for clarification.

p.m. on the following days in McKeever at 410-278-March:

March 11, Thursday March 18, Thursday

March 23, Tuesday

March 25, Thursday March 30, Tuesday

### Telephone Etiquette and Customer Service workshop

The Army Community Service Employment Readiness Program Manager will sponsor two free Telephone Etiquette and Customer Service workshops, 9:30 to 11:30 a.m., Thursday, March 18, and Wednesday, March 31, in ACS building 2754 Rodman Road, ACS Training Room.

The class will address the simple yet crucial skills need-

ed to ensure a positive interaction when assisting a caller or

Upon completion of this class, students will receive a certificate of completion from Harford Community College.

Topics include negative speaking, using professional greetings, telephone etiquette basics, why customers complain, communication and effective relationship building and dealing with vocally challenged callers.

For more information or to register, call Marilyn Howard at 410-278-9669.

### **FEW** sponsors **March fund raiser**

The Maryland Tri-County Chapter of Federally Employed Women is sponsoring a Basket Bingo fundraiser during the month of March.

Purchase a ticket from the FEW and match the number to the evening Maryland State Lottery Number to win.

Tickets cost \$5 each and are valid in March only.

Funds go towards FEW's annual Dottie Dorman Working Woman's Scholarship presented each year during Women's Equality Day.

For more information, contact Chapter President Suzanne Schultz at 410-939-2098.

### Change in accountable mail procedure

The APG Post Office in building 2201 is no longer accepting outgoing accountable mail (registered, certified, insured, etc.) in the back area of the Post Office before noon.

Instead, the front of the Post Office will process outgoing accountable mail.

If there are any questions or concerns regarding this matter, contact the APG Postmaster, Al Van Kleeck at 410-278-

### Reserve Capa Field now

The Civilian Welfare Fund is taking reservations for CAPA Field, for personal use.

For more information, call Hours run from 9 a.m. to 3 Angela Keithley or Jacqueline 4603/4771.

### **AA Badge ID Office** changes hours of operation

Effective immediately, due to a shortage in personnel, the Aberdeen Area Badge/ID Office will be closed on non-RDO Friday's until further notice.

It is anticipated that the vacant positions will be filled by the end of April, which will allow the office to return to normal hours of operations. This closure does not affect the Edgewood Area Badge/ID Office.

### **Warrant officer's** needed

The U. S. Army is looking for highly motivated Soldiers, Marines, sailors, and airmen to fill its warrant officer ranks.

Positions are open in 45 specialties for those that qualify. Applicants with less than 12 years active federal service are encouraged to apply.

For more information and all forms/documents required, Web visit www.usarec.army.mil/warrant or call 502-626-0271 or DSN 536-0484/0458/0488/0478-/0271/1860.

### **Christian coffee**house opens

The Coffee Grounds, a Christian coffeehouse, is now open 7 to 9 p.m., Thursday, and 7 to 10 p.m., Saturday evenings in building 4308, at the intersection of Susquehanna and Erie boulevards. Everyone is welcome to attend.

Live bands, open mike nights, and various readings are scheduled for Saturday nights. Both nights feature coffee and snacks in a Christian gathering.

For more information, call Chaplain (Capt.) Mike Curtis at 410-278-3976.

GOLDBERG & OSBORNE 1-800-THE-EAGLE



welding rod tumes has been associated with Parkinsonism (like Parkinson's disease) and manganism. Symptons include shakiness, distorted facial expression, loss of equilibrium, decreased hand agility, difficulty walking, joint pain, loss of short term memory, slurred/slow speech, stiffness in muscles and tremors. If you have experienced any of these problems, call us today toll free at 1-800-THE-EAGLE for a free consultation to evaluate your potential claim. We practice law only in Arizona, but associate with lawyers throughout the U.S.

cientists report that elevated **manganese** exposure from velding rod fumes has been associated with **Parkinsonism** (like

1-800-1 HE-EAGLE (1-800-843-3245) www.1800theeagle.com



For contest details visit us at www.wirelesszone.com

EDGEWOOD • 410-612-9672 • 1401Q Pulaski Highway (Woodbridge Center)

VACATION: Must be completed by December 15, 2004. Requires a Saturday night stay-over. Fulfillment is subject to hotel availability at the WALT DISNEY WORLD® Resort. Vacation is for the winner and seven (7) quests of the winner's choosing. Vacation components may not be sold, traded, transferred or rescheduled. Certain blackout dates and restrictions may apply. Photos must be submitted by 3/31/04. See www.wirelesszone.com or store for details. IMPORTANT CONSUMER INFORMATION: Nights Mon.-Fri. 9:01pm-5:59am; weekends Sat. 12am-Sun. 11:59pm. Taxes & surcharges apply and may vary. Federal Universal Service Charge of 1.88% (varies quarterly based on FCC rate) and a 5c Regulatory Charge per line/month are our charges, not taxes. Subject to Service Agreement & Calling Plan. Activation fee of \$35 on 12-month agreement. Early termination fee up to \$175. Requires credit approval. Cannot combine with other offers. Usage rounded to next full minute. Unused allowances lost. Subject to taxes & other charges. See calling plan. Allow 10-12 weeks for rebate check. For rebate, must be a customer for 30 consecutive days. Phone may not be returned after rebate is submitted Valid through 3/31/04. Not responsible for typographical errors.

# Community Notes

ADMISSION: ADULTS \$3, CHILDREN \$1.50, building 3245 Aberdeen Boulevard. To verify listing, call 410-272-7520.



#### THE BIG **BOUNCE**

Friday, March 13, 7

Starring: Owen Wilson, Morgan Freeman

Surfer/drifter/con man Jack Ryan (Wilson) makes his way to Hawaii and lands a job caring for Walter Crewes (Freeman), a judge on the island. His new gig leads to an involvement with a beautiful, enterprising woman, who's really the lover of real estate tycoon and shady businessman and longtime rival of Judge Crewes. Ryan, naturally, has to choose between the woman, the money or the honorable path. (Rated



Bryant will present Gospel

Explosion '04, 7:30 p.m. at

the Edgewood Baptist

Road.

Church, 422 Edgewood

Gospel Explosion '04 will

University Gospel Director

Ira Bell, WEAA 88.9 FM, fea-

Delegation, Anthony Brown

Bishop Stalone and Alpha

Tickets cost \$8 in advance

more information or to pur-

and \$10 at the door. For

chase tickets, call Tyrone

Blessed Hair Creations at

Destiny at 410-612-1241.

**SUMMER ACTIVITIES** 

Camp Fair will be held 10 a.m. to 4 p.m. at the Harford

the selection process of

this summer easier.

will also be provided.

410-893-1511.

MARCH 14 **BASKET BINGO** 

**SUNDAY** 

what kids are going to do

Entertainment, demonstra-

For more information, call

American Legion Post 194, 336 E. Main St., Rising Sun, will sponsor a Basket Bingo.

Games start at 3 p.m. Play 20 games for \$10. Proceeds benefit Boy Scout Troop 28. For more information, call 410-658-3915, or e-mail bas-

ketbingors@aol.com.

**VFW LADIES AUXIL-**

The Ladies Auxiliary of Charlton-Miller VFW Post 6054, 206 Spesutia Road,

Aberdeen, will hold its regu-

lar meeting at 7 p.m. For

MARCH 16

**IARY MEETING** 

**TUESDAY** 

tions, prizes and give-aways

Mall and will include repre-

sentatives from 35 area programs. The fair will make

Akins at 410-278-0430,

410-676-9064, or New

AND CAMP FAIR A Summer Activities and

and Omega, and James

Hatcher, New Destiny

Evangelistic Ministries.

include Morgan State

turing William Boyer,

Timothy Ralph and True Covenant, Russell

and Answered Prayers,

Saturday, March 14, 7

Helen Mirren

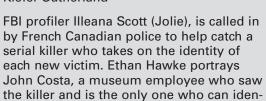
Rylstone Women's Institute in North Yorkshire who produce a calendar each year based around scenes of the Yorkshire dales. When one of the ladies' husbands dies of Leukemia, the women decide to make an alternative calendar of themselves in the nude hoping to sell a few hundred copies around their villages to raise funds for Leukemia research. (Rated

#### **AAFES PRE-SCREENING**

#### **TAKING LIVES** (FREE ADMISSION) Saturday, March 14, 1 p.m. and 9 p.m.

Starring: Angelina Jolie, Ethan Hawke, Kiefer Sutherland

tify him. (Rated R)



Green at 410-306-1393/1398.

#### **THURSDAY** MARCH 18 FREE HOME BUYING **SEMINAR**

This seminar will be offered 6 to 7:30 p.m. by the Aberdeen Proving Ground Federal Credit Union at the Community Meeting Room at APGFCU Operations Center, 1321 Pulaski Highway, Edgewood. Learn about the home buying process to make an informed decision on the best options in purchasing and financing a new home. To reserve a space, call 410-272-4000 or 1-800-225-2555, ext. 5451.



First Baptist Church of Aberdeen

9:45 a.m. **Sunday School** Sunday Worship 11:00 a.m. & 6:00 p.m. Discipleship Training 4:30 p.m.

 Youth Ministry Teams · SBC Children's Mission Program (3 yrs. - 6 th grade) Prayer Meeting

Dr. Gary Johnson, Pastor 219 E. Bel Air Ave. • Aberdeen. MD 21001 410-272-2845

# **CALENDAR GIRLS**

Starring: Julie Walters,

Calendar Girls is about the women of the

**SATURDAY** above, Department of Defense civilian, retiree and MARCH 13 their guests. The discount **GOSPEL EXPLOSION '04** meal rate of \$2.85 applies to spouses and other family The New Destiny members of enlisted per-**Evangelistic Ministries** sonnel in ranks private Pastors Allen and Sylvia

> The Irish Specialty Meal menu includes potato and leek soup, New England boiled dinner, Sheppards pie, Irish chicken and dumplings, fish and chips, whiskey baked ham, grilled Reuben sandwiches, dill buttered potatoes, macaroni and cheese, simmered brussel sprouts, seasoned carrots, brown gravy, assorted salad bar, cole slaw with creamy dressing, pickled beet and onion salad, Irish soda bread, assorted breads, carrot cake, oatmeal cookies, chocolate eclairs, fresh fruit, soft serve yogurt with assorted toppings, assorted condiments and assorted beverages.

through specialist/corporal.

Note: Menu is subject to change without prior notifi-

For more information, call **Edward Parylo or Ernest** 

### Fact of the week



Save energy by setting the thermostat no higher than 68 F in winter, no lower than 75 F in summer.

State of Idaho Department of Environmental Quality

#### FREE Special Report Sell your house "As-Is" for a fair price on the date of your choice! We Want To Buy Your House!

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# Need a Loan?



# Make no payments for 90 days!\*

Offer Good Until May 29th on all New & Used Auto Loans or refinanced auto loans.

**Auto Loan** Rates as low as\*\*

Other terms and rates available.



Apply for a car loan between March 1 & May 29, 2004 and 1 LUCKY WINNER will win 6 months of Car Payments!



Open to everyone who lives, works, worships, volunteers or attends school in Harford or Cecil County.

### APPLY 24 hours a day, 7 days a week Online at www.APGFCU.com Or call 410-272-4000 or 1-800-225-2555 (Option 4)

Aberdeen / Abingdon / APG / Bel Air / Edgewood / Elkton / Havre de Grace

\*Cortain restrictions may apply, Interest will continue to accrue from date of loan disbursal. "The rate(s) stated above available on approved credit. Rates may be different as determined by the inclindual creditworthiness of each applicant and term of loan requested. Not all applicants will qualify for the lowest rate. Rates advertised reflect discount for direct deposit and automated payments, 39,9%. APP with 36 month term, estimated payments is \$29,52 per month per \$100,000 financed. Existing APP-QUAL us beans are not eligible for refinancing. AUTOS WEREPTAKES BYLLES AND REGULATIONS: No purchase necessary to enter or win. To enter sweepstakes, Entrants must submit a completed auto loan application to APG-FCU. At applications must be received within the Sweepstakes Period. One eligible Entrant ("Minmer") will be selected and will have the option to receive their made for 6 consecutive months, valued at a maximum of \$500 per month or a cash prize of \$2,000. Winner will be determined by random drawing from all eligible entries received from Entrants held on or about June 1, 2004. Odds of winning will be determined by the other present of the eligible entries received. All decisions by APG-FCU regarding unless otherwise dictated by applicable laws. The winner need not be present to win. No employees or officers, or volunteers or family member or other persons associated with an employee or officer or volunteer of APG-FCU shall be eligible to enter. To obtain a copy of the Winner's name, send a request along with a self-assect, stamped entople to APG-FCU Sweepstakes, ATTN: Compliance Office, P.O. Box 1176, Aberdeen, MD 21001. Requests must be received no later than July 1st, 2004.

### All Military & Federal Service Employees **FULL SERVICE OIL CHANGE Topping Off:** Washer Solvent • Anti-freeze up to 1 qt. • Transmission Fluid up to 1 qt. **Checking:** Brake Fluid • Battery - Cleaned (if needed) • Air Filter - Replaced (if needed) • PCV Valve - Replaced (if needed) • Breathers - Replaced (if needed) • Wiper Blades - Replaced (if needed) • Tires \$**61.95** (save \$12.00 ) WASH • WAX • SERVICE • WE DO IT ALL VAN BIBBER QUICK LUBE 1802 Walton Road • Edgewood, MD 21040 410-679-3975

# Round Up a New Member, and We'll Give You \$30!

Freedom is the Credit Union Exclusively Serving all of Harford County!

Freedom members, round up your friends, neighbors, and co-workers — anyone who lives, works, worships, or goes to school in Harford County. And when they join and add a new Checking Account with Direct Deposit, we'll give you \$30. Heck, they'll get a gift too!

Not a member? Join! With Freedom, you'll enjoy Fee-Free access to thousands of ATMs, Free Internet banking and Bill Pay, Free checking, low-cost loans, and competitive savings programs.

Return this coupon to Freedom in-person, by mail, fax, or use our online link and claim your reward today.

New Member:  Name Phone ( ) –  Address	Referred By:   Name
FFCUAPGN204	Signature

Drop off this coupon at our Edgewood, Fountain Green, or Park Avenue branches, or mail to Freedom FCU, Member Service Center, P.O. Box 1545, Bel Air, MD 21014, or use the link on our Web site labeled Refer A Member, or fax to 410-676-6381.

410-676-5700 • 1-800-440-4120 • www.freedomfcu.org

Offer may change at any time. New member must be 18 years of age or older and open a regular share account with a \$5 deposit along with a new Checking account with Direct Deposit. Board, staff and volunteers of FFCU are not eligible to participate.





more information, call 410-272-3444. **IRISH SPECIALTY MEAL** The Irish Specialty Meal will be held in the Aberdeen Area dining facilities, buildings 4503 and 4219 and the Edgewood Area dining facility, building E-4225, 5:30 to 7 p.m. During this event all military personnel, family members, department of defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$3.30 applies to any officer, enlisted member, and family member of sergeant or

Official **Credit Union** 

of the

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As

# The APG Forum Commentary: What is Lent?



Lt. Col. Carol VanSchenkhof RDECOM

"When the world did not end as Jesus himself said it would, his followers stopped expecting so much from God or from themselves. They hung a wooden cross on the wall and settled back into their more or less comfortable routines, remembering their once passionate devotion to God the way they remembered the other enthusiasms of their youth. Oh, to be young again, and to believe everything is possible. Little by little Christians became devoted to their comfort instead: the soft couch, the flannel sheets, and the leg of lamb with rosemary. These things made them feel safe and cared for - if not by God, then by themselves. They decided there was no contradiction between being

comfortable and being Christian, and before long it was very hard to pick them out from the population at large. They no longer distinguished themselves by their bold love for one another. They did not get arrested for championing the poor. They blended in. They avoided extremes. They decided to be nice instead of holy and God moaned out loud." (Written by Barbara Brown Taylor, a Methodist Clergy.)

Reading this reminds me of how safe and comfortable I am. And I shudder.

Reading this, I thought of the passage in Revelations in which Jesus sent a message to a church that chose the middle way. He said, "In all the things you do, you are neither hot nor cold."

Jesus then says something truly horrile.

"Because you are lukewarm I will spit you from my mouth." (Rev. 3:15-17)

Reading that, I looked at my own life, and I did not see much sign of taking up a cross, of losing my life, of traveling a narrow and difficult road.

What is Lent? Barbara Brown Taylor goes on to say it is a time to examine the soul.

"Forty days to cleanse the system and open the eyes to what remains when all comfort is gone. Forty days to remember what it is like to live by the grace of God alone and not by what we can supply for ourselves".

Feb. 25 was Ash Wednesday, the beginning of Lent.

I invite you to examine your soul, as I will mine, that we may better live by the grace of God.

# **Commentary: Engaging the Eastern enemy**

Maj. Eric Shuler
Special contributor

Sun Tzu said over two thousand years ago, "know your enemy." "The Tiger's Way: A U.S. Private's Best Chance for Survival" will do for tactics what the Smart Books did for staff operations. This book is not just for privates.

Author John Poole, a retired Marine Corps lieutenant colonel, has written several books on the enemy's way of fighting. Poole is known for writing the book, "The Last Hundred Yards," an excellent book on combat skills.

Poole is a professional teacher of military tactics and has an extensive knowledge of the Eastern enemy. "The Tiger's Way" is a book about the eastern way of fighting. Eastern refers to Russian, Chinese, Afghanistan, Vietnamese and North Koreans.

The book is an eye opener for small unit tactics. Knowing how an enemy operates is the key

to defeat him.

Poole is very concerned about younger enlisted Soldiers and keeping them alive.

I have spoken to the author and I'm convinced he is concerned about protecting lives.

He states that combat skills can be taught in order to survive. He tells how to properly avoid getting shot, while engaging an enemy. Facts like crouching down reduce a Soldier's chance of getting hit by 50 percent, and crawling to almost zero.

Poole forces the reader to compare how Soldiers operate in a military setting. One chapter on how a Ninja thinks and operates describes how the Ninja leaves the natural setting of the environment and tries to blend in. The American military with its huge logistics needs disrupts the surrounding and stands out.

Poole emphasizes no Solider in a vehicle is able to sneak up on an enemy. The enemy is often willing to let the tanks pass through their lines and then have their infantry engage tanks from behind.

While reading the book, compare it to what is happening in Iraq and Afghanistan; it will be an eye opener. (The author advised me that, unfortunately, due to publishing time frames, he could not include chapters on the Iraq conflict.)

I have over 19 years of service in the Army National Guard and learned a great deal from this book. After showing it to my fellow officers, they all wanted to read it.

As more National Guardsman are deployed overseas, we need the advantages "The Tiger's Way: A U.S. Private's Best Chance for Survival" teaches the reader.

The book is available at **www.posteritypress.org** or at a local PX.

### BDU's

From front page

members and other non-Defense Department customers.

The military supply system provides routine support for AAFES requirements. Recruits/units and other higher priority requirements such as Operation Iraqi Freedom and Recruit Induction Centers receive first priority.

Since DSCP is the only authorized BDU source as directed by the memorandums of agreement with the Department of the Army and the Department of the Air Force, AAFES has no other choice but to continue to monitor the situation.

Lumbley advises that AAFES continually requests updates on the backorder status

"We remain committed to providing customers with the latest information and fix shortages regarding the situation. Until such notice is received, AAFES is asking for customers' patience as it continues to work with the military supply system to find a solution to the BDU situation," Lumbley said.

The Aberdeen Proving Ground AAFES will keep its customers informed of the status of the BDU backorders through bulletin board postings in the store and through the *APG News* according to Thea Sarver, APG AAFES manager.

### Focus

From front page

1995. The site was last overhauled in 2001, around the same time the "Army of One" brand was introduced. It averages just over 4 million hits a month from more than 140 countries be said.

tries, he said.
"We pay close attention

to third-party evaluations and we are routinely ranked in the top 1,000 Web sites in the world," Wiggins said. "When you have a global audience, you can't help but be strategic."

The ultimate success of strategic communications relies on all three departments working together to synchronize their efforts, officials said.

"The good news story in all of this is that with strategic communications, we have the methodology and plans to communicate to Army leaders, the Hill and the public what their Army is doing for America," Sauer said. "And that we're doing it in a very succinct and timely fashion."

# fety and Health

# Household poisoning accidents: prevent, but be prepared

Janelle Lucksavage

Millions of people are unintentionally poisoned each year, with young children at the greatest risk.

National Poison Prevention Week was authorized by Congress and the President in 1961. Each year it occurs during the third full week of March, falling this year during the week of March 21. This is a good opportunity to learn about poisonings and how to be prepared if it happens to family members or friends.

There are several ways a person can be exposed to a poison. Poisons can be eaten, inhaled, or can come in contact with the eyes or skin.

It is important to follow these emergency action tips immediately if someone comes in contact with a potentially hazardous poison.

Inhaled - Quickly get person to fresh air. Open doors and windows. Do not breathe any fumes yourself. Call Poison Control.

On the skin - Remove any contaminated clothing. Rinse skin continuously with water for 15 minutes. Call Poison Control.

*In the eye* - Quickly begin rinsing with luke-

warm water. Continue for 15 minutes. Blink as exposed to. Listen very carefully to the instrucmuch as possible while rinsing eye. Call Poison tions given by the Poison Control center. Control.

Swallowed - Do not give anything by mouth or make victim vomit. Contact doctor or Poison Control first. Follow their directions.

It is very important to call the Poison Control center with all poisonings. Someone who has been poisoned may not immediately look or act sick, but it is good to call and discuss the situation with someone at the cen-

If a poisoning does

occur, it is important to stay calm and act quickly. When calling Poison Control, be prepared to give them specific information pertaining to the poisoning such as the condition of the person, age and weight of the person, the time the poisoning occurred, what type of poisoning occurred, and how much poison the person was

Different types of poisonings need different types of treatments. Some situations may be referred to a hospital or doctor's office, but most poisonings can be successfully treated at home.

Due to their curiosity, young children are especially susceptible to being poisoned. Many poisons come in attractive containers or brightly colored bottles. A child can easily mistake them for something that may be good to eat or drink.

Some of the most common and dangerous types of poisons are medications, cleaning products (e.g., drain cleaner, oven cleaner, toilet bowl cleaner), antifreeze, pesticides, and hydrocarbons (e.g., lighter fluid, kerosene, furniture polish).

There are several easy things to do to help

"poison-proof" a home:

- Keep all household medicines in the original, childproof container.
- Lock all poisons and medications out of the reach of small children.
- Do not refer to medications as "candy" to a
- child. When using a poisonous product, never
- leave it unattended. • Return all chemical products to storage
- immediately after using.
- Know what types of houseplants are poisonous and keep them out of reach of children.
- Label all poisonous products with an "X" or another distinctive marking and teach children what it means and to stay away.
- Keep the phone number to the local Poison Control center posted near the phones.

Education is a key element in the prevention and treatment of poisonings. To learn more about poison prevention or treatment, contact the local Poison Control center or visit www.aapcc.org (American Association of Poison Control Centers).

# Recommendations for improving patient safety

The National Patient Safety Institute offers the following suggestions in recognition of Patient Safety Awareness Week, March 7 through 13.

### Be active in your care

The single most important way you can help to prevent errors is to be an active member of you healthcare team. This means taking part in every decision about your care. Research shows that patients who are involved in their care will obtain better results.

### Be informative

Make sure that your doctor knows everything you are taking. This includes: all your prescriptions, over-the counter medicines and dietary supplements such as vitamins and herbs that you are using. Keep your records up-to-date which ensures better quality medical care.

### Share previous problems

Make sure your doctor know about any allergies and adverse reactions that you have had to medicines. This is critical for avoiding medicines that can harm you. Ask questions about

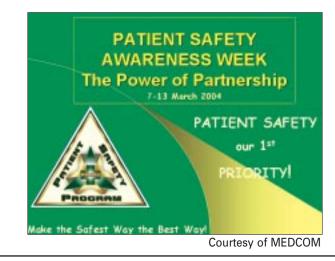
When your doctor gives you

### treatment

Prior to leaving your doctor's appointment, ask your doctor to explain the treatment plan you will follow at home. This includes learning about your medicines and finding out when you can resume your regular activities.

#### Take special precautions before surgery

Make sure your know what to expect if you need surgery.



# medications

a prescription and when you pick up the medicine insist that written information about your medicines be given in terms you can understand. What is the medicine for? How am I supposed to take it? How long? What side effects are likely? What should I do if one occurs? Is the medicine safe to take with my other medicines and dietary supplements? What food, drink or activities should I avoid while taking these medicines?

### Ask questions about

Ask your doctor and surgeon:

Who will be in charge of my care? Exactly what will be done? How long will it take? What will happen after surgery? How will I feel after the surgery? How will I feel during recovery? Tell your surgeon, anesthesiologist, nurse if you have allergies or if you have ever had a bad reaction to anesthesia. Mistakes can be avoided if all members of the healthcare team including patients agree about what will be done during surgery.

### Speak up

Speak up if you have questions and or concerns. You have a right to question anyone involved in your medical care.

#### Don't assume they know Make sure all health pro-

fessionals involved in vour care are aware of important health information about you. Do not assume that everyone knows everything that they need to know.

### Designate an advocate

Ask a family member or friend to be your advocate. If you think you will need help, ask someone to help get things done and speak for you if you cannot.

### Learn on your own

Learn about your conditions and treatment. Studies have shown that patients who educate themselves about their medical conditions live happier, healthier lives. Learn by asking

Learn about your condition by asking your doctor, nurse, and other reliable resources for medical information.

# Protective eyewear is key in the workplace

Maj. Dean Bancroft

According to Prevent Blindness America, eye injuries of all types occur at the rate of more than 1,000 per day. Every year approximately 100,000 of these eye injuries will result in vision loss. Most eye injuries are caused by metal fragments, tools, particles, harmful radiation (welding flash), and chemicals.

A recent survey by the Bureau of Labor Statistics revealed that three out of five workers who suffered an eye injury were not wearing eye protection, and of those who did, 40 percent were wearing the wrong kind. By using precautions and protective eyewear, experts believe that at least 90 percent of all eye injuries can be prevented.

Prevent Blindness America has named March, National Workplace Eye Safety Month.

Supervisors, Soldiers, and workers are encouraged to strive to prevent eye injuries in the workplace. One way to start is by observing precautions.

### The Ten Commandments of Eye Safety

- 1. Observe eye safety signs and procedures.
- 2. Always wear appropriate ANSI (American National Standards Institute) Z87 approved eye protection in clean and serviceable condition for mechanical, chemical, biological or radiant energy hazards.
- 3. Never wear contact lenses where smoke, dust, and chemical fumes exist. Do not wear

contact lenses during field training and deploy-

- 4. Wear ASTM (American Society of Testing and Materials) F803 approved eye guards that contain lenses to play racquet sports.
- 5. Know where the eye wash fountain is and know how to use and maintain it.

6. Know basic first aid for eye injury so you may help yourself and fellow work-

7. Have an eye examination by an eve doctor every two or three years, or sooner as directed, to be ensured of having good vision to do the job safely and efficiently.

8. Report hazards and unsafe practices that may cause eye injury to a supervisor.

9. Encourage fellow workers to practice eye safety and receive annual eye safety training.

10. Use common sense in all activities potentially hazardous to the eye.

The Wise Owl Club, sponsored by Prevent Blindness America, has recognized more than 80,000 people in the United States whose sight was saved in an accident because they wore eye protection. Eye protection works.

Prevent Blindness America offers free literature on workplace eye safety, including tips to prevent and avoid work-related eye injuries. Visit Prevent Blindness America's Web site at www.preventblindness.org or call 1-800-331-

### **APG Occupational Health Clinic offering** limited services

There will be no clinical or nursing staff available in Aberdeen Occupational Health Clinic the week of March 15.

Patients with injuries are requested to go to the nearest emergency room. Those with minor/chronic illnesses are requested to see either their civilian or military provider of choice.

Only scheduling services will be addressed through the OHC in the Aberdeen Area during this staff shortage.

The OHC in the Edgewood area is not affected and will continue to provide normal services. For more information, call 410-278-19213.

### Ann Ham

A CHPPM poster presentation entitled, "US Army Toolkit for the Great American Smokeout 2003," won the top award in the Healthcare Innovation Poster Competition Readiness category at the recent TRICARE National Conference in Washington, D.C.

Dr. David Tornberg, Deputy Assistant Secretary of Defense for Clinical and Program Policy and TRI-**CARE Management Activity** Chief Medical Officer presented the award to CHPPM.

The poster displays articles and graphics furnished by the CHPPM Directorate of Health Promotion and Wellness to the U.S. Army Medical Command to promote the Great American

Smokeout 2003. Dr. David Tornberg, Deputy Assistant Secretary

of Defense for Clinical and Program Policy and TRI-**CARE Management Activity** chief medical officer presented the award to CHPPM.

"This toolkit is the kind of approach we need, not just for the Soldier, but for the family members, too," Tornberg said. The military healthcare system deals with people with families, and the toolkit approach reaches all of us, he said.

Brad Taft, health promotion outcomes researcher; Capt. Justin Curry, clinical psychology staff officer; and Joyce Kopatch, visual information specialist, collaborated on the research, development, design and production of the award-winning

"We're deeply concerned about the health of the Soldier," Taft said. "Our effort in the Great American Smokeout campaign toolkit was necessary because we

want Soldiers and their families to achieve maximum health status. Tobacco use detracts from health in so many ways."

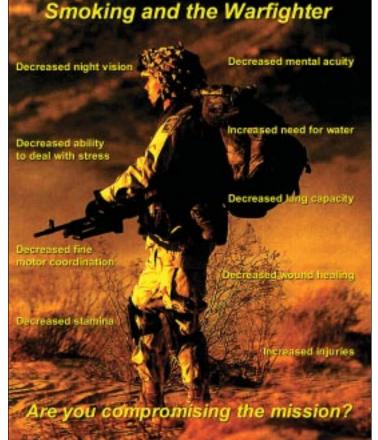
CHPPM gets top poster award at TRICARE National Conference

The CHPPM DHPW staff regularly provides health and wellness information to Army publications and Web sites through their research health and promotion efforts.

For toolkit resources, visit CHPPM's Web site link to Tobacco Cessation, http://chppmwww.apgea.army.mil/dhpw/P opulation/TobaccoCessation.a spx, and scroll down to Great American Smokeout 2003 Toolkit Resources.

Smoking and Warfighter poster, in various formats and sizes, and other Toolkit materials are avail-

For more information on the toolkit, contact CHPPM Public Affairs, DSN 584-2088, 410-436-2088.



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### What is *FREEDOM*?

**Free-dom** - (Fre'dəm), n. i.e denotes the fee-free community credit union exclusively serving all people who live, work, worship, or go to school in Harford County which pays their members cash for referring new members. Call for details.









# MWR Morale.

### Activities

MWR has a very exciting and entertaining year planned for APG. Some things to look for include the ICW

Wrestling event on March 20, Miller Lite Army **Concert Tour presenting Montgomery Gentry** on July 17, and lots more.

To learn more, visit http://www.apgmwr.com for the latest information.

### Methods of

# registration

Register for any MWR event by visiting the specific facility for the event, mailing in a registration form found in an MWR Program Brochure, visiting the MWR Registration, building 3326, or online at www.apgmwr.com.

### **March Madness** Racquetball, **Handball Tournament**

This tournament will be held 7 p.m., March 26 through 28, at the APG Athletic Center. This will be a single-elimination divisional tournament. Participants must register by level of ability.

All participants will receive an official March Madness Tournament T-shirt.

Trophies will be given for first and second place finishers in each division.

### Softball Instructional Clinic

This class will be held 5 to 7 p.m., March 24 through 31, on Shine Sports Field. The class includes basic instruction on batting, throwing, fielding and team strategies on offensive and defensive maneuvers used during a game. Register by March 19. Cost is \$25.

### **Potomac Mills** Outlet Mall shopping

A deluxe motorcoach will take shoppers to Potomac Mills Outlet Mall March 27. Bus will depart at 8:15 a.m. and return at 7:30 p.m. Cost is

\$21. Check it out first at www.outletsonine.com. Register by March 17.

### **Bowling special**

Scotch Double will be held 1 p.m., March 14. Cost is \$16 per couple.

### **Outdoor Expo, April 20**

Outdoor Recreation is hosting an expo 10 a.m. to 4 p.m., April 20. Some of the items on display will include canoes, pop-up campers, boats, Super grills, canopies, and more. There will be give-aways all

For more information, contact Outdoor Recreation at 410-278-4124 or e-mail outdoor.recreation@usag.apg.army.mil.

### Camping **Certification plus**

Get "camping certified" by the professionals 9 a.m. to 12 p.m., March 27, at the Maryland Boulevard Picnic Area.

Find out how to choose, set up, maintain, and secure a campsite. Learn how to weather, terrain, plants, environment, and animals affect and relate to camping safety and guidelines.

In addition there will be information presented on the wildlife and habitats of APG, and the past and present history of the installation. Register by March 19. Cost is \$10.

### **New York City** Patriot's tour

Ride a deluxe motorcoach on March 27 to get a great patriot guided tour. View

Ground Zero, Battery Park, China Town, Financial district, the Village areas, United Nations, Empire State Building, Theater District, Time Square, 5th Avenue, Rockefeller Plaza, Central Park and more. There will be deals on purchasing fruits, vegetables, baked goods, meats, seafood, sweets, crafts, books, flowers, jewelry, clothing, coins and more.

Bus will pick up at Vitali's Restaurant on MD Route 24 in Edgewood at 7:45 a.m. and drop off at 10 p.m. Cost is \$70. Register by March 12.

### **New York City** overniaht

Take a trip to New York City April 23 through 25 and stav two nights in lodging, two breakfasts, one dinner in Manhattan, a guided city tour, souvenir gift, luggage handling, and deluxe motorcoach. Bus will depart at 7:45 a.m., Friday, and return at 8 p.m., Sunday. Cost is \$351 for doubles and \$460 for singles. Register by March 22.

### **Aqueduct Flea** Market trip

The Community Recreation Division will sponsor a trip to the Aqueduct Flea Market, Brooklyn, New York, April 10.

Cost is \$36 and includes admission to the market. Bus will depart 7 a.m. and return 7:30 p.m. Everything from clothing to electronics, antique furniture and home decor, toys to groceries - and more with over 1,000 vendors. Wear comfortable shoes and prepare

to shop till you drop, then visit famous Jamaica Avenue for even more bargains. Register by March 19.



### **Advanced Dog Obedience**

Advanced Dog Obedience classes will be held 6:30 to 7:30 p.m., Thursdays, April 8 through May 13, in the Russell Gymnasium, building 3330.

Cost is \$60.

Instructional classes will help improve the dog's behaviors and willingness to cooperate. Learn proven methods of controlling the dog in the home and outside environment. Learn how to practice and develop advanced skills at home while training the dog to respond to them. Register by April 1.

### **Exton Golf Course** opening news

Exton Golf Course will reopen March 17. Hours of operation will be 7 a.m. to dusk, Wednesday Saturday.

Starting April 1, the golf course will be open 7 a.m. to dusk, Monday thru Sunday. The season opener tourna-

ment will be held with a 9 a.m. shotgun start on April 3.

For more information, visit www.apgmwr.com.

### LIBRARY BOOK CORNER

Operating hours of the Aberdeen Area Library, building 3320, are 1 to 5 p.m., Saturday and Sunday and 11:30 a.m. to 6:30 p.m., Monday, Wednesday and Thursday. The **Edgewood Area Library** is open 11:30 a.m. to 6:30 p.m., Tuesday. For more information, call 410-436-3589.

The following is a new book available at the **APG MWR libraries:** 



The Cheating Culture: why more Americans are doing wrong to

get ahead by David Callahan

"Callahan says everybody's cheating and the trouble begins in America's brutally competitive economic climate, which rewards results and looks the other way when it comes to the ethical and even criminal transgressions of those who come out on the winning end. Further, Callahan posits that otherwise upright folks who would not cheat are drawn into the practice out of fear that they simply won't be able to make it in modern society otherwise."

### Correction

The Edgewood artist who donated the artwork for the ECBC Black History Potluck was Latricia Miles. She was incorrectly identified in the APG News Feb. 26 issue. The APG News staff apologizes for the error.